

Fernanda Lara Peralta

Registered Occupational Therapist, OT Reg. (Ont.)

Qualification Highlights

- Registered in good standing with the College of Occupational Therapists of Ontario (COTO).
- Thrives in a collaborative team environment requiring strong communication and interpersonal skills.
- Fluent in Spanish and English.

Education

McMaster University, Hamilton, ON

Sept 2018 to Aug 2020

Master of Science in Occupational Therapy

University of Toronto, Toronto, ON

Sept 2013 to May 2018

Honours Bachelor of Arts in English, Linguistics, and Classical Civilizations

Professional Experience

West Park Healthcare Centre – Registered Occupational Therapist

June 2021 to Present

Toronto, ON

- Provide inpatient neurological brain injury and stroke rehabilitation to adults, focusing on the treatment of the upper extremity, cognitive remediation, and return to daily activities.

The Communication Clinic– Registered Occupational Therapist

Mar 2021 to Present

Toronto, ON

- Provide occupational therapy to paediatric clients with a variety of diagnoses, such as ADHD, DCD, generalized anxiety, and autism, in a clinic setting.
- Conduct evidence-based assessments that assess a child's sensory processing, emotional regulation, and motor skills.
- Provide treatment centred on helping children cope with anxiety, develop handwriting skills, improve gross and fine motor skills, and be able to participate fully in home and at school using compensatory strategies.
- Provide consultation to parents regarding how to manage challenging behaviour and sensory needs.

Mackenzie Health – Registered Occupational Therapist

Dec 2020 to Present

Vaughan and Richmond Hill, ON

- Provide inpatient occupational therapy services to acute stroke and high intensity stroke rehabilitation clients.
- Conduct initial intake assessments and facilitate appropriate discharge destinations according to client needs.
- Administer AlphaFIM and MoCA to facilitate discharge planning and decisions regarding level of care required.

Complex Injury Rehab – Registered Occupational Therapist

Sept 2020 to Jun 2021

Pickering, ON

- Support clients with severe or catastrophic motor vehicle accident-related injuries in participating in daily activities with a focus on neurological rehabilitation.
- Conduct comprehensive assessments including standardized measures of cognition, psychosocial and physical functioning. Examples include BrainFx assessment, GAD-7, PHQ-9, and Pain Disability Index.
- Plan and implement evidence-based treatment plans that focus on concussion management, upper extremity rehabilitation, cognitive remediation, and engagement in daily self-care and productivity occupations.

St. Joseph's Healthcare Hamilton Mood Disorders Inpatient Program – Clinical Placement Student Jul 2020 to Aug 2020

Hamilton, ON

- Supported clients with a diagnosis of depression, bipolar disorder, delirium, or dementia in setting occupational engagement goals and create routines using behavioural activation principles, motivational interviewing, and supportive listening techniques.
- Ran life skills therapy groups and psycho-educational groups aimed at teaching cooking skills, stress management skills, and emotional regulation skills.

Hamilton General Hospital Stroke Rehabilitation – Clinical Placement Student

Jan 2020 to Feb 2020

Hamilton, ON

- Supported individuals with a diagnosis of stroke in accomplishing goals through the implementation of treatment plans that included ADL and IADL retraining, upper extremity recovery, and cognitive rehabilitation.
- Independently administered both standardized assessments (CPT, MOCA, CMSA, 9-hole peg test) and non-standardized assessments (kitchen and ADL assessments).
- Collaborated with therapy assistants by assigning treatment plans and monitoring client progress.
- Effectively communicated with patients, families, and staff during rounds and family meetings to provide an update on patient status, and to contribute to discharge planning.

Oakville Trafalgar Memorial Hospital Neurology Acute Care – Clinical Placement Student

Mar 2019 to May 2019

Oakville, ON

- Collaborated with a multi-disciplinary team to provide care to acute neurology and endocrinology patients presenting with ischemic or haemorrhagic stroke or kidney disease among others.
- Conducted and documented on various assessments (i.e., occupational history intake assessments, ROM, MMT, MOCA, transfer assessments, kettle test, and ADL assessments).
- Provided clients with education regarding energy conservation principles and equipment use (i.e., sock aids).
- Prepared patients for discharge by assessing readiness for home or alternate level of care by determining required support for ADLs and IADLs, and by completing community and hospital referrals.

St. Joseph's Hospital Mental Health Inpatient Rehabilitation – Clinical Placement Student

Nov 2018 to Dec 2018

Thunder Bay, ON

- Promoted occupational engagement for individuals with mental illness by helping them learn skills that facilitate integration into the community using a psychosocial rehabilitation approach.
- Participated in running therapy groups meant to improve cooking and independent living skills.
- Gained increased knowledge in behavioural activation, and administration of Independent Living Scales (ILS).

Holland Bloorview Kids Rehabilitation Hospital – Fun with Friends Social Skills Program Volunteer

July 2016

- Assisted an OT in delivering a program for children with developmental disabilities or autism focused on conversation skills, friendship building, assertiveness, and improving self-esteem.
- Supported participants by helping clients practice conversation skills, by explaining instructions, and by facilitation social interactions, leading to the attainment of client goals.

Certifications & Training

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| • NDT: An Introduction to Neurodevelopmental Treatment | June 2021 |
| • Concussion Management Level I (Concussion Rehab Works) | Dec 2020 |
| • Certified BrainFx Administrator Training (BrainFx) | Oct 2020 |
| • The Beck Approach: Essentials of CBT (Psychwire) | Aug 2020 |
| • Sensory Processing and Sensory-Based Interventions for Children (CAOT) | June 2020 |
| • Handwriting Without Tears (K-5 Printing) | June 2020 |
| • Motivational Interviewing Level I (Western University) | May 2020 |
| • Anxiety: Practical Intervention Strategies (Crisis & Trauma Resource Institute) | May 2020 |
| • Basic Life Support | May 2019 |
| • QPR Institute Suicide Prevention Training | Feb 2019 |